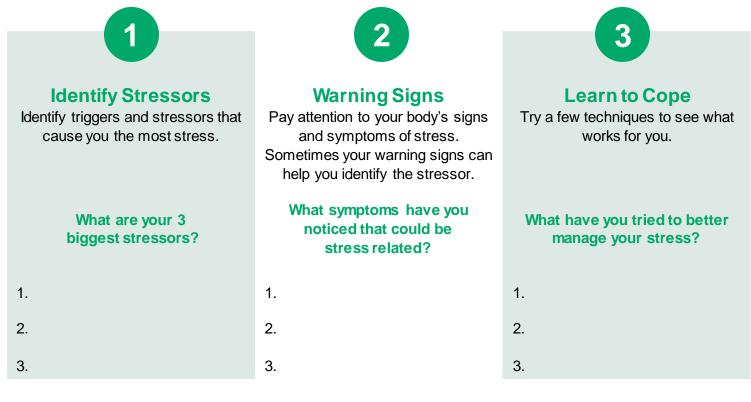
Worksheet: Recognizing and understanding stress

Below are the steps to help better manage your stress through identifying triggers, recognizing warning signs, and trying ways to cope. Sometimes the warning signs can help you identify your stressors. Take the next few days and start exploring these steps and record them below.



What do you notice about your stressors? Are they good or bad? Are the related to the same issue or event? Did recognizing your stressors surprise you in any way?

What do you notice about your symptoms or warning signs? Do you feel they are stress related? Did recognizing your symptoms surprise you in anyway?

How well did the techniques you learned this week help better manage your stress?

 1
 2
 3
 4
 5
 6
 7
 8
 9
 10

 Very poor
 Poor
 Average
 Good
 Excellent

Did you try any other technique that was not discussed in this session? If so, which ones?

